



SPIRIT TIMES

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Air show guests get 'Knighthood'



Photo courtesy of Terri Kline, Osage Valley Newspapers

A member of the Army Golden Knights Parachute team salutes as he jumps from the Golden Knights' C-31A Sunday. The Golden Knights were one of several performances during the Wings Over Whiteman air show Saturday and Sunday. For more photos of the air show, turn to Pages 12-13.

B-2s stay in shape with exercises



Official U.S. Navy photo by Photographer's Mate 3rd Class Jarod Hodge

PACIFIC OCEAN – More than 12 ships as well as 17 aircraft from the Navy, Marine Corps and Air Force including a B-2 bomber demonstrate power projection during a joint exercise Sunday. This was in preparation for Valiant Shield 2006.

Story by Tech. Sgt. Mikal Canfield

Kenney Headquarters Public Affairs

ANDERSEN AIR FORCE BASE, Guam—The 393rd Expeditionary Bomb Squadron has spent the past three weeks refining the skills necessary to maintain the B-2 Spirit, one of the world's most advanced weapon systems.

During exercises Valiant Shield, continuing through today, and Northern Edge, which ran from June 5 to 16, B-2 aircrew members executed long-duration missions and integrated with aircraft they don't typically see on the range.

Valiant Shield, conducted on and around Guam, is a U.S. Pacific Command exercise which focuses on integrated joint training and interoperability among U.S. military forces while responding to a range of mission scenarios.

The exercise is designed to make sure U.S. forces have a seamlessly integrated environment where they can conduct deterrence-type missions and, if deterrence fails, high-intensity combat operations, said Col. Robert Wheeler, 36th Expeditionary Operations Group commander.

"Valiant Shield gives us the opportunity to integrate Air Force global-strike assets with carrier-based seapower in an intense leveraging of firepower," said Maj. Mark Pye, 36th Expeditionary Operations Support Squadron director of operations.

"The Valiant Shield exercise has maintainers across Andersen Air Force Base very busy fixing and flying aircraft. The B-2 is no different, flying five straight days supporting exercise sortie requirements," said Capt. James Temple, 393rd Aircraft Maintenance Unit officer in charge.

B-2 aircrew members agree the hard work is worth it because of the long-term benefits of training in a joint environment.

"It's a rare opportunity to bring together platforms that normally do not regularly exercise together — Air Force fighters and bombers and Navy carrier strike groups being a good example to ensure an integrated U.S. air, sea, land, space and cyberspace force capable of an overwhelming and decisive response in any future contingency," said Lt. Col. Paul Tibbets IV, 393rd EBS commander.

Before Exercise Valiant Shield, B-2s played a role in Exercise Northern Edge. The joint training exercise hosted by Alaskan Command is one of a series of U.S. Pacific Command exercises preparing joint forces to respond to crises in the Asia-Pacific region.

"The B-2s were tasked with multiple roles during their mission, which is not uncommon for us," said Maj. Jeff Schreiner, 393rd EBS assistant director of operations. "These included striking multiple dynamic targets, which were received via long-range communications from the Kenney Headquarters Pacific Air Operations Center shortly before entering Alaska, and these targets included simulated surface-to-air missile sites and simulated enemy troop movements."

The exercise also brought the Air Force's two most advanced weapon systems together, as F-22 Raptors from the 27th Fighter Squadron at Langley AFB, Va., joined B-2s during training missions on the Yukon Training Range near Eielson AFB, Alaska.

"The B-2s also integrated with F-22s to 'kick down the door' against a simulated enemy integrated air defense anchored by formidable Northern Edge 'enemy' fighters," Major Pye said.

The B-2 aircraft, aircrew members and support personnel, deployed to Andersen AFB from the 509th Bomb Wing provide the U.S. Pacific commander a continuous bomber presence in the Asia-Pacific region. The B-2s are scheduled to remain at Andersen AFB until September.

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Nuclear Surety Staff Assistance Visit

NSSAV: July 24-28

Countdown 31 days

NSSAV tip of the week: Visit the Whiteman Intranet and read the Nuclear Surety Review slides and other data on the 509th BW weapons safety web site.



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For more information, call the *Spirit Times* office at 687-6133, e-mail: spirit.times@whiteman.af.mil, fax us at 687-7948, or write to us at: 509th BW/PA, 509 Spirit Blvd. Ste. 111 Whiteman AFB, Mo. 65305

Air Force Quiz

What precaution should be taken when participating in sports and recreational activities? (see answer below)

9er Line

Dial 687-3119 or e-mail
9r.Line@whiteman.af.mil

Whiteman's 9er Line provides a communication channel for you to obtain information and assistance in making Whiteman a better place to live and work. Before calling the 9er Line, try to resolve your problem with the responsible base agency.

If you've exhausted all the normal avenues to resolve the situation, then call Col. Greg Biscone, 509th Bomb Wing commander, at 687-3119 or e-mail 9r.Line@whiteman.af.mil.

Need a Wingman?

Confidential crisis counseling available 24/7. Call the Whiteman Help Hotline: 866-395-4357

Evaluate the risks and take reasonable measures to reduce the potential for injury.

Air Force Quiz answer

Commander's Comments

By Col. Eric Single

509th Bomb Wing vice commander

Team Whiteman showed its true colors last weekend.

Airmen from across the wing pulled together with our partners in the 442d Fighter Wing to host an incredibly successful airshow for more than 35,000 of our friends and neighbors.

In true Whiteman fashion, the hard work and dedication that I witnessed last weekend was absolutely impressive.

Although invisible to the average visitor, many months of organization and planning went into executing this complex airshow, and the effort required the participation of Airmen from every unit on base.

Special recognition goes out to our airshow director, Maj. Darryl Engelke, 393rd Bomb Squadron, and his counterpart, Capt. Cathy Roberts from the 442nd Fighter Wing.

This year's airboss, Maj. Shawn Purvis, Detachment 12,

also deserves a round of applause. I received many complements from our off-base performers who participate in numerous air shows each year, on the level of organization and planning they saw here at Whiteman.

However, the bulk of the credit goes out to every one of you who stepped up to lend a hand this weekend.

Whether you were part of the command and control team; providing emergency medical coverage; manning a booth to support your squadron; or just lending much-needed muscle for the setup and breakdown process, your efforts resulted in a huge win for the Whiteman team.

It was almost magical to see the airfield shift from supporting daily flying operations to becoming a giant showcase for aircraft from all around the military and civilian worlds.

And it was even more impressive to watch the transformation back to its original configuration ... finished just hours after flying



Photo by Airman 1st Class Jason Burton

More than 35,000 guests attended the two day Wings Over Whiteman air show Saturday and Sunday.

was complete by a labor force that had already been running hard for many days.

Most impressive of all, though, were the countless examples of people helping people last weekend.

I personally witnessed many of our Airmen go out of their way to aid fellow teammates or civilian guests who needed

additional help.

That willingness to give your all to the mission is what sets you and the Whiteman team head and shoulders above the rest.

Congratulations on a job well done, and thanks for setting the stage for an awesome 2006 Wings Over Whiteman air show.

There are truly none finer than a 509er!



THE SECRETARY OF THE AIR FORCE
CHIEF OF STAFF, UNITED STATES AIR FORCE
WASHINGTON DC



SECAF/CSAF Letter to Airmen: Personal Financial Management

Air Force Mission success begins with you — the individual Airman. All Airmen must possess constant professional and personal situational awareness to ensure positive impact on their unit's mission. Although we often see our professional life in a very disciplined way, we sometimes don't realize how our personal well-being affects our job performance. Being on solid financial footing is one way you can positively affect your life.

For example, hurricane season is now upon us. We urge you, particularly if you live in an area prone to nature's fury, to examine how prepared you are to protect your family financially. One of the lessons learned from the past year's natural disasters is that after the disaster is not the time to assess your insurance needs. Too many of our teammates, including retirees, were caught unprepared and now are bearing an avoidable financial burden.

All Air Force members, whether living on base or off, should consider their family's needs for adequate personal property (renter's) insurance. Make a detailed inventory of your personal property—even a simple videotaping could help. If you are a homeowner, consider purchasing flood insurance. Finally, don't forget comprehensive coverage for your cars (liability insurance won't pay for a storm-damaged vehicle). Remember the adage, "chance favors the prepared."

Once you have protected your family through insurance, turn your attention to other facets of personal financial management. Air Force Family Support Centers possess a wealth of information to educate you on the many tools available to help you manage debt, begin saving, protect against identity theft and secure your family's future. Your local JAG office can help with consumer and debt problems as well. Moreover, every Air Force base offers beginner financial classes to help you setup a realistic household budget, live within your means, and learn the basics of taxes and investing. Though it seems like a long way off, investing today will help you maximize the cumulative effects of a disciplined savings plan for your family.

As John Wayne once said, "The fastest way to double your money is to fold it over one time. Then put it where it will grow." Along those lines, the Air Force offers the Thrift Savings Plan (TSP) which allows your money to grow tax-deferred while being automatically deducted from your pay through allotments—this is an easy way to invest your money systematically.

We want confident and proud Airmen. When your personal life is in order, you are a better warfighter for the Joint Team. Gaining and retaining control of your family's personal finances will provide you the right situational awareness to truly focus on the professional side of your life. If you want to be secure tomorrow, the time to start acting is today!

Michael W. Hayden
Chief of Staff

Michael W. Hayden
Secretary of the Air Force

Newsline

Death announcement

Col. Greg Biscone, 509th Bomb Wing commander, regrettably announces the death of 1st Lt. Irma Garcia, 509th Aircraft Maintenance Squadron.

Anyone having claims against or indebtedness to Lieutenant Garcia's estate should call 2nd Lt. Candace Cutrufo, summary courts officer, at 687-6122.

Airman's Bash today

The Annual Airman's Bash will be held today at 2 p.m. in the grass field between Columbia and Discovery dorm in front of the Chow hall.

There will be free drinks, free food, entertainment from the 'Once Sober' band, a Disc Jockey, dunk tank, slip 'n' slide and dorm sports tournaments.

For more information, call 687-1678.

Smart Card logon

The Department of Defense is mandating Smart Card Logon for all Whiteman network user accounts. Air Combat Command is implementing this beginning June 30.

To ensure your Common Access Card is operational and your computer is equipped to allow SCL beforehand, you must logon to the network using your CAC at least once prior to June 30.

If you do not logon at least once using your CAC you will not be able to logon to the network June 30 since username and password logons will not be allowed.

If you have any questions, please contact your CSA.

Base wide garage sale set

A base-wide garage sale will be held on Saturday and Sunday. Military family housing tenants can set up in their garages/driveways to participate.

There will be no requirement to sign up at the MFH office and this will not count against their two-per-year garage sale limit.

This is not a flea market style yard sale. This garage sale will not be open to the general public, only those who have access to the base.

Commissary open holiday hours

The commissary will be open 10 a.m.-6 p.m. July 4. For additional information call the commissary at 687-5655.

Top 3 to award scholarships

The Whiteman Top 3 Association will give away three \$300 scholarship grants to Whiteman Air Force Base enlisted members and their families. Funds come from a variety of Whiteman Top 3 fundraising activities, such as die-cast model sales and POW/MIA bracelet sales.

For more details, call Master Sgt. Gerald Crowley at 687-6134.

Future force shaping preparation

Officer promotion boards are approaching. Next spring there will be another Force Shaping Board.

Officers are encouraged to check their records in vMPF to see if there is any error in their education level. If there is, contact the Academic Coding Branch AFIT.coding@AFIT.edu, or send an official transcript to:

AFIT Academic Coding Branch
2950 Hobson Way
Wright-Patterson AFB OH 456433-7765

For more information call the Base Training and Education Center at 687-5750.

13th Bomb Squadron receives new commander

Lt. Col. Bill Eldridge, 13th Bomb Squadron commander, assumed command from Lt. Col. Tom Bussiere during a change-of-command ceremony June 13.

Previous assignment: Director of operations for the 393rd Bomb Squadron

Time in service: 16 years

Commissioning source: U.S. Air Force Academy

Family: Wife, Beth

Hobbies: Running, working out, reading history

How does the squadron contribute to the Air Force mission? The 13th Bomb Squadron provides precision weapons delivery anytime and anywhere.

Command philosophy: A commander's most important job is to train leaders by setting the example, presenting opportunities, and providing mentoring.

Goals for new position: Ensure that the Reapers are the wing's preferred weapon of choice.



Photo by Airman 1st Class Ryan Wilson

Lt. Col. Bill Eldridge, 13th Bomb Squadron commander (right), receives the 13th BS guidon from Col. Eric Single, 509th Bomb Wing vice commander, as part of a change-of-command ceremony June 13.

Stolen VA records: Airmen urged to be vigilant

WASHINGTON (AFPN)—Air Force officials are asking Airmen to stay extra vigilant in protecting their credit and themselves from identity theft in light of the recent theft of 26.5 million veteran's records from the home of a Department of Veterans Affairs employee in May.

The VA announced that stolen records might include personal information of people currently in the military, according to a VA news release.

Initial findings from the VA indicated the personal information on about 50,000 active duty, National Guard and Reserve Airmen may have been involved.

As the two agencies compared electronic files, VA and the Department of Defense learned that personal information on as many as 1.1 million active-duty servicemembers, 430,000 National Guardsmen, and 645,000 members of the Reserve may have been included in the data theft, according to the VA release June 7.

The VA has received no reports that the stolen data has been used for fraudulent purposes.

However, the VA is asking all veterans to carefully monitor bank statements, credit card statements and any statements relating to recent financial transactions.

Several resources are available for people to go to for more information. The VA has set up a special Web site at www.firstgov.gov/veteransinfo and a toll-free telephone number, 1-800-FED-INFO or 1-800-333-4636, that feature up-to-date news and information on the

data compromise.

The site offers tips on how to check credit reports, how to guard against identity theft and whom to call if an individual believes any fraudulent activity is occurring using his or her personal information.

The Air Force and Department of Defense are working closely with the VA to determine how many Airmen and other service members may be affected by the compromise of records.

Airmen whose information has been compromised will be notified by the VA so they can take the appropriate steps.

Tips on how to watch for suspicious activity include the following:

- Closely monitor your bank and credit card statements for fraudulent transactions. Monitoring accounts online is the best way to detect fraud early.

- Place a 90-day fraud alert on your credit report, which tells creditors to contact you before opening any new accounts or making any changes to your existing accounts. This action may cause some delays if you are trying to obtain new credit.

- It is only necessary to contact one of three companies to place an alert. That company is then required to con-

tact the other two. The three companies are Equifax (800-525-6285, www.equifax.com); Experian (888-397-3742, www.experian.com); and TransUnion (800-680-7289, www.transunion.com).

Once the fraud alert has been posted, you are entitled to free copies of your credit reports. Review these reports for inquiries from companies you haven't contacted or accounts you didn't open. The alert can be renewed after 90 days.

Airmen are advised to take the following steps if they discover fraudulent accounts or transactions:

- Contact the financial institution to close the fraudulent account(s) that have been tampered with.

- File a report with the local police department.

- File a complaint with the Federal Trade Commission by phone at 877-438-4338, online at www.consumer.gov/idtheft, or by mail to Identity Theft Clearinghouse, Federal Trade Commission, 600 Pennsylvania Avenue NW, Washington, DC 20580.

Additionally, Family Readiness Centers across the Air Force are prepared to assist anyone with questions regarding identity theft or similar financial concerns, Air Force officials said.

For more information

Additional help can be found online at:

- www.militaryonesource.com
- www.privacy.ca.gov/sheets/cis3_english.htm
- www.co.boulder.co.us/da/consumer/idtheft.htm

DOD establishes mental health task force

WASHINGTON (AFPN)—The formation of a congressionally directed task force to examine matters related to mental health and the armed forces was announced Wednesday by Defense Department officials.

"This is an extremely important effort involving a collaboration of DOD, federal and private sector experts in mental health," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

The Mental Health Task Force, comprising of seven DOD members and seven non-DOD members, will submit a report to Secretary of Defense Donald Rumsfeld in May. It will include assessments and recommendations for improving the efficacy of mental health services provided to service members by DOD and will begin meeting in July.

"High on the list will be steps for improving the awareness

of potential mental health conditions among service personnel and ways to improve the access and efficacy of our existing programs," Dr. Winkenwerder said.

Congress directed the establishment of the task force as part of the National Defense Authorization Act for fiscal 2006. The Army surgeon general, Lt. Gen. Kevin C. Kiley, and a non-DOD representative, to be elected by the task force membership, will co-chair the task force.

"Because of the very challenging timeline established for the task force to do its work, the Armed Forces Epidemiology Board will support and serve as its parent organization," Dr. Winkenwerder said.

The Armed Forces Epidemiology Board is an ongoing independent scientific advisory committee to the secretary of defense through the assistant secretary for health affairs and the military surgeon generals. It deals with matters concerning operational programs, policy development and research needs for the prevention of disease and promotion of health.

Check the DOD Mental Health Task Force Web site for more information.

CAD manager wins 2nd IDEA award

By Staff Sgt. Rob Hazelett

509th Bomb Wing Public Affairs

A Whiteman computer-automated design manager earned \$2,054 June 1, from the Innovative Development through Employee Awareness program for his suggestion on enhancing the B-2 beyond line of sight system.

Master Sgt. Carl Morten, 509th Maintenance Operations Squadron project manager, meticulously scrutinized the B-2 BLOS system, which requires a laptop in the flight deck.

"The BLOS setup has a docking station and laptop to connect to certain systems on the aircraft," Sergeant Morten said. "I suggested not procuring the commercial docking station and connecting directly to the laptop. This saved some weight and prevented interference issues and saves over \$500 per aircraft."

Winning the award is not something new to the CAD manager, who has won the IDEA award twice now.

"The first was a team effort to repair heat shields of the B-2 main wheel assembly, which didn't have any repair criteria for the shields," he said. "Staff Sgt. Norberto LopezPerez and I suggested types of repair to the damage occurring to the heat shields, and we each received about \$1,000 for our efforts."

Sergeant Morten's idea has already been implemented, and it has allowed saving programmed money to be used in other endeavors and enhanced aircrew usability of the BLOS system.

In addition, since the BLOS system was not listed on any technical order, changes to the manual will need to be addressed.

"This was new technology not incorporated into the aircraft technical order system. We made the necessary changes before it reached the T.O. system," he said.

Sergeant Morten became the 54th winner of an IDEA award this year.

The winners have combined to win more than \$24,000 collectively, said Staff Sgt. Catherine Coats, 509th Comptroller Squadron budget analyst.

Submitting ideas to change the way the Air Force does business is an option available to all Airmen.

"In today's climate of budget and personnel downsizing, Master Sgt. Morten is a shining example of how each and every Airman can make a contribution," said Col. Eric Single, 509th Bomb Wing vice commander. "In addition to saving the Air Force some money, he significantly enhanced B-2 capabilities through his ingenuity and knowledge of the BLOS system, and earned himself some extra money, as well."

"I highly encourage all of you to continue using your expertise to help us streamline the way we do business; after all, no one knows your job better than you do," Colonel Single said.



Photo by Airman 1st Class Lauren Padden

Master Sgt. Carl Morten, 509th Maintenance Operations Squadron, received his IDEA check June 1 from Col. Greg Biscone, 509th Bomb Wing commander and Chief Master Sgt. Vicki Orcutt, 509th Bomb Wing command chief master sergeant.

Keeping B-2s airborne

Story and photo by Tech. Sgt. Mikal Canfield
Kenney Headquarters Public Affairs

ANDERSEN AIR FORCE BASE, Guam.—Maintaining the world's most advanced multi-role bomber isn't an easy job. It requires a special group of Airmen, capable of working long hours ensuring every inch of airframe is ready to launch at a moment's notice. Anything less would jeopardize the safety of the aircrew, or in the case of this unique aircraft, compromise the "stealth" capabilities key to the global strike mission this wing stands ready to execute.

This mission doesn't change just because the unit is deployed. If anything, it puts additional demands on the Airmen responsible for the maintenance of the B-2 Spirit bomber.

"Some of the unique challenges of performing aircraft maintenance at Andersen are operating at a different base other than Whiteman and supporting the aircraft with parts that are in the states," said Master Sgt. Kelly Costa, 36th Expeditionary Aircraft Maintenance Squadron lead production superintendent.

Sergeant Costa is one of 207 B-2 maintainers deployed to Andersen Air Force Base, Guam, from the 509th Bomb Wing. The B-2s are deployed to Andersen to help promote regional security and preserve regional stability while providing the U.S. Pacific Command commander a continuous bomber presence in the region.

"Adapting to the heat and humidity pose challenges on the personal side," said Master Sgt. Craig Barylski, 36th EAMXS production superintendent.

There's wasn't a lot of time to get settled in, either, as the maintainers had to ensure the aircraft were ready to go within days of arrival for the B-2s to participate in Polar Lightning, a 4,500 nautical-mile mission to a training range in Alaska in early May.

Fortunately for the maintainers, this wasn't their first deployment to Andersen. Lessons learned from previous

deployments made a smooth transition possible.

"We brought more material and equipment that we didn't have last year," said Senior Airman Monty Williams, a 36th EAMXS aircraft structural journeyman who works low observable maintenance on the B-2. "Our work is unpredictable; we can't bring our entire support section from our home station."

According to Sergeant Barylski, the most beneficial lesson learned is taking what worked best in the past and be able to hit the ground running, standing up the B-2 to meet the unique mission at Andersen.

Fortunately for the maintainers, they are used to ensuring the aircraft are always ready to go, so that aspect of the job hasn't changed a lot from what they do every day at Whiteman.

"Operations tempo has not changed since our folks are used to a high tempo," said Sergeant Costa. "Our maintenance folks are well-trained professionals who know how to perform their job but have to deal with the challenges of equipment and the lack of equipment they are used to."

Security can be a challenge, too. Being one of the world's most advanced weapons systems requires a different level of security than other aircraft.

"Security is something you get used to and eventually you do not think of it as a hindrance, but rather standard operations," said Capt. James Temple, 393rd Aircraft Maintenance Unit officer in charge. "The biggest disadvantage with security is that not every B-2 maintainer has the clearance to work on the aircraft without an escort. That leaves a limited pool of personnel to work certain types of maintenance jobs."

The B-2 also has special safety considerations. Being sliced open by thin metal strips might not be a concern while performing routine maintenance on most aircraft, but on the B-2, it's a real possibility.

"Working around aircraft is an inherently dangerous business, but as professionals we are able to significantly reduce that risk by using the proper equipment and follow-



Photo by Maj. Kelly Scott

Airmen with the 36th Expeditionary Aircraft Maintenance Squadron sand back degraded paint coatings on a B-2 Spirit bomber. The aircraft was restored once the new paint coatings were applied. The plastic tent is used to contain the sanding dust created while removing these paint coatings. The low-observable maintenance crew uses respirators to protect their respiratory track from dust particles and the plastic tent to contain the debris from scattering in the hangar bay.

ing technical data," Captain Temple added. "The B-2 poses a unique safety hazard because all the doors have 'blade seals.' These thin metal strips seal the gap when doors — such as the weapons bay doors and landing gear doors — close. Over time they sharpen and can easily cut maintainers who are not careful."

Even with all the challenges, the B-2 maintainers love their job and are proud of what they do, whether they're doing their jobs at home or while deployed.

"The best part about being a B-2 crew chief is working on my jet all night so it can make its next day sortie," said Senior Airman Cory Cahill, 36th EAMXS. "Our mission is to keep the jets ready to go whenever, wherever."

Maintaining the world's most advanced multi-role bomber isn't an easy job. But the Airmen who do it wouldn't trade that job for anything else.



New Servicemembers Group Life Insurance premium rates by level of coverage

The monthly SGLI rates will increase two dollars as of July 1. The new premium will include one dollar per month for Traumatic SGLI coverage, which became mandatory December 2005. The new SGLI premium will be seven cents per every \$1,000 of coverage. If a member wishes to decline or decrease coverage amounts he must submit SGLV form 8286 to the Military Personnel Flight. Please see the chart below for more information, use the contact information below.

Toll-free telephone: 1-800-419-1473

Toll-free fax numbers:

- Death and accelerated benefits claims only: 1-877-832-4943
- All other fax inquiries: 1-800-236-6142

E-mail:

- Death and accelerated benefits claims only:
osgli.claims@prudential.com
- All other inquiries: osgli.claims@prudential.com

General Correspondence:

- OSGLI
290 West Mt. Pleasant Avenue
Livingston, New Jersey 07039
- New VGLI Applications and VGLI Reinstatements:
OSGLI
P.O. Box 41618
Philadelphia, PA 19176-9913

SGLI Premium Rate Effective July 1, 2006

<i>Coverage Amount</i>	<i>Basic Premium Rate</i>	<i>TSGLI Premium</i>	<i>Total Monthly Premium Deduction</i>
\$50,000	\$3.50	\$1.00	\$4.50
\$100,000	\$7.00	\$1.00	\$8.00
\$150,000	\$10.50	\$1.00	\$11.50
\$200,000	\$14.00	\$1.00	\$15.00
\$250,000	\$17.50	\$1.00	\$18.50
\$300,000	\$21.00	\$1.00	\$22.00
\$350,000	\$24.50	\$1.00	\$25.50
\$400,000	\$28.00	\$1.00	\$29.00

Army sergeant gives her all to be the Best



By Airman 1st Class Jason Burton
509th Bomb Wing Public Affairs

Everyone that runs, runs for a reason. Some run because it's a part of being in the military. Some run because they enjoy the health and fitness benefits of running.

And then there are some runners like Army Sgt. Michelle Elliott, who wish they could run every second of every day.

The Apache crew chief and aviation life support equipment technician is a member of the Missouri National Guard 1-135th Attack Battalion here, and admits to being a "runaholic."

"For me running is like a drug – I love those endorphins. I live to be in the zone," Sergeant Elliott said. "You can say I am obsessed with running."

She runs 10 to 25 miles a day and has competed in many 5K, 10K and 20K events as well as nine marathons, and four ultra marathons, each ranging in distance from 31 to 50 miles. She has also competed in adventure racing which can last up to 36 hours non-stop.

Her co-workers are also well aware of her passion for running.

"Running is her life," said Army Staff Sgt. Ken Johnson, 1-135th AB. "She runs twice a day seven days a week."

The most recent running event she competed in allowed her to fulfill one of her dreams.

Called the All Guard Marathon

qualifier, this race gave Sergeant Elliott the chance to try out for the All Guard Running Team. This team, consisting of 40 men and 15 women from the Army National Guard and Air National Guard, travels throughout the country competing once or twice a month.

Being a seasoned runner with competition experience since 2000, Sergeant Elliott was given the opportunity to join the Army Running Team. But in order for her to be on that team, she would have had to leave the guard and join the active-duty Army.

She didn't want to leave the guard. "I love what I do in the guard. I love being in aviation. I love working on aircraft and I love working on life support equipment. I can't imagine myself doing anything else," Sergeant Elliott said.

After a friend informed her about an All Guard Running Team, she made some phone calls and soon discovered this team was the best of both worlds. She would be able to stay in the guard and do the job she loves and run competitively around the country.

After applying for the All Guard Running Team she had less than a month to prepare for the qualifier marathon in Lincoln, Neb., May 7.

"I didn't realize how big of an event this was until I got there," she said. There were around 4,200 people from Hawaii, Alaska, Delaware, Puerto Rico and from the Army and Air Force. And of those runners, about 2,000 were competing for a slot on the All Guard Running Team.

Before the race, Sergeant Elliott said she was unsure how she was going to perform.

She hadn't really trained for this marathon because she was training for air assault school which teaches Army members how to quickly rappel out of a hovering helicopter in a combat zone. While training for this school, she was mostly lifting weights and not focusing on her running as much as she should have, she said.

At the start of the qualifying marathon, Sergeant Elliott's mind was racing.

"What am I doing here? I haven't ran enough for this," she thought.

It was almost six months since her last marathon and her doubts were growing larger along with the butterflies in her stomach.

"I was really nervous, but I place a lot of pressure on myself and I hate to fail. My thought process has always been that second place is the first loser," she said.

Failure has never been a word in her vocabulary.

Growing up in Hastings, Neb., Sergeant Elliott started playing tennis at age 5. While playing tennis growing up, those around her put a lot of pressure on her to excel, which gave her a fear of failure and a compulsive



Photo illustration by Airman 1st Class Jason Burton

Army Sgt. Michelle Elliott, 1-135th Attack Battalion, normally runs 10-25 miles a day around the base lake.

desire to always win. While attending Hastings Senior High School, she won the Nebraska State Tennis Championship at age 17 and went on to compete in the nationals.

Her will to succeed and inability to quit earned her a full tennis scholarship to the University of Nebraska, where she earned her degree in computer science and information systems.

With a lifetime of competition and an insatiable appetite for victory, nothing was going to stand in her way. She was going to make the All Guard Running Team.

"I didn't care about the lack of training; I just wanted to make the team. That's all I cared about – that was my goal," Sergeant Elliott said.

Sergeant Johnson knows what Sergeant Elliott is like when she has a goal.

"She is a perfectionist, everything has to be done right," Sergeant Johnson said. He added that she gives nothing but the best and expects the same from others.

As the qualifying race began, Sergeant Elliott was focusing on keeping her pace and not getting caught up in the mad dash.

"I think the problem that a lot of people have when they run is they go out too fast," she said. "At the start of the race, your adrenaline is pumping so fast that you want to keep up with the front of the pack. But I know my pace, and if I keep it consistent, I'm good."

During the race, Sergeant Elliott didn't know how she was doing until she hit the 13-mile marker. One of the officials told her she was the first All Guard Female runner to reach the halfway point. This turned out to be a confidence boost that she would need later.

"I hit the wall at mile 18," Sergeant Elliott said. She was telling herself she didn't want to do this anymore, she was tired, her legs were kind of sore and she just wanted to stop running.

"I think running is 50 percent physical

and 50 percent mental. This is where my mental toughness kicked in," Sergeant Elliott said. "Your body might be saying your legs hurt and you're tired. But if you can mentally say it's not that bad and if you get through that, then you feel good after about two or three more miles."

Mental toughness is not the only thing that kept her going.

The fact that she was the leading female all guard participant was a motivator, and the cheers from the tens of thousands of observers lining the streets kept her legs moving.

But there is something even deeper that gives Sergeant Elliott strength every time she runs.

In August of 1996, Sergeant Elliott went through two hardships that changed her life. The first tragedy happened to her son. When he was one month old, he died from Sudden Infant Death Syndrome. Sergeant Elliott and her husband were crushed by their loss. Unfortunately, the

pressure became too great for her husband who took his own life three months later.

The loss of her son and husband were very difficult for her. However, she was able to pick herself up and move forward. Running became a pressure release for her, and quickly became her therapy. Now when she runs, it clears her head and brings her to a place of reflection.

"I think about them on every run I do," Sergeant Elliott said, "Running always brings me back to them, and that enables me to keep pushing myself."

With motivation like that, nothing was going to stop her.

Every mile marker she passed during the qualifying race, Sergeant Elliott was getting closer and closer to her goal.

Then, the sight every runner loves to see – the finish line – and it was getting closer.

As she approached the finish line, Sergeant Elliott was unclear what her



Photo by Army Sgt. Joyce Kilmer

Army Sgt. Michelle Elliott, 1-135th Attack Battalion, paces herself during the All Guard Marathon qualifier race in Lincoln, Neb., May 7.

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Early education, prevention key to healthy smiles

By **Terry J. Goodman**
TRICARE Management Activity

FALLS CHURCH, Va.—Most educators agree that teaching children early helps build a solid foundation for future learning success. Part of a child's educational curriculum should include proper oral hygiene and prevention to ensure their smiles last a lifetime.

The TRICARE Dental Program, managed by United Concordia Inc., is supporting this education and prevention effort by promoting early enrollment of children in the dental program and encouraging dental examinations for infants by their first birthday.

According to Air Force Col. Gary Martin, director, dental care division, TRICARE management activity, children are automatically enrolled in the dental program at age four, but Martin recommends that parents enroll them by age one to promote good dental habits and prevention of tooth decay and gum disease.

Additionally, there are no copays for children in this age group for diagnostic and preventive services, excluding

sealants.

"Early prevention and treatment not only promotes a lifetime of proper dental care, but it can prevent unnecessary and expensive surgical procedures," said Martin, who is also a dentist. "I can't emphasize enough the importance of enrolling children early in the TDP. It increases the probability of parents to use preventive measures for their children."

According to the American Dental Hygienist's Association, dental decay is the most chronic disease of childhood, affecting 50 percent of children by middle childhood, 7 to 12 years of age, and more than 80 percent by late adolescence.

The best way to ensure that children do not get cavities or periodontal disease is to instill proper oral habits early.

Dr. Samir J. Naik, a UCCI network dentist located in Falls Church, Va., shares Martin's view on starting dental education and prevention early in a child's life.

Parents should brush and floss their children's teeth until they are able to do it on their own, Naik said. When they are able to brush and floss themselves,

parents should watch them and ensure they are doing a thorough job.

According to the ADHA Web site, waiting until the first tooth breaks the gum tissue may be too late to ensure healthy teeth and gums.

Parents should regularly clean their baby's gums with a wet cloth. It stimulates the gum tissue and removes food.

When the first tooth cuts through, parents should use a soft-bristled toothbrush and a small amount (about the size of a pea) of fluoride toothpaste to prevent dental and gum disease.

Providing fillings, crowns and root canals are part of being a dentist, but Naik would rather his patients not require these costly and sometimes painful procedures, especially for children.

Additionally, the earlier children start going to the dentist the more they will feel more at ease when going for their annual exams.

"They get used to being in a dental office early, and in my experience it definitely helps prevent dental phobia," Naik said. "Also, going to the dentist at an early age reinforces good oral hygiene habits at home."

Myths and facts of EEO

By Mark Mendes

EEO Specialist

During the past eight months while conducting Equal Employment Opportunity inquiries as an EEO specialist, I have worked closely with both the complainant and management officials.

From both sides of the corridor, I have heard varying perceptions of what EEO can or cannot do.

I believe it's time to clarify some of the misinformation concerning EEO counseling. In this article, I will address some of the "Myths and Facts" of the EEO process.

Myth: The EEO counselor will process my concern and make a determination on whether or not discrimination occurred.

Fact: The role of the EEO counselor as outlined by Air Force Instruction 36-1201, and Management Directive 110 and 29 Code of Federal Regulations, part 1614, is as follows:

- Advise the aggrieved person of the complaint process
- Determine issues and basis
- Conduct limited inquiries for obtaining information for settlement efforts and jurisdictional questions if a formal complaint is filed
- Seek resolution at the lowest possible level
- Document resolution or advise complainant of right to file formally
- Submit EEO counselor report to EEO program manager

An EEO Counselor does not make determinations of discrimination nor can they dismiss EEO cases.

EEO counselors do not have the authority to direct management or complainants to take corrective action.

For most complaints, EEO counselors do attempt to resolve all cases at the lowest level encouraging parties involved to utilize Alternative Dispute Resolution.

Mediation is the primary method under ADR to resolve EEO disputes.

Myth: The 509th Bomb Wing EEO office always takes the side of the complainant.

Fact: The EEO counselor does not have a stake in how credible case information affects either party in the dispute.

Although initial contact is with the employee, management also has an opportunity to respond to allegations. Professionals working in the EEO field are aware of the differing perceptions and realities for both employee and management.

In the EEO field, one long-time adage deserves paying attention to: "There is

always more than one side to a story."

Myth: The EEO counselor can dismiss an EEO complaint or decide the merits of allegations.

Fact: The Air Force Civilian Appellate Review Office prepares a final agency decision for the office of the secretary of the Air Force.

The Air Force deputy for EEO is appointed by the secretary to issue the final agency decision. The EEO Program Manager here can recommend to the wing commander that a case be partially or entirely dismissed if it already is being addressed via union grievance, merit systems protection board, or Congressional Inquiry.

Myth: All complaints will go to the formal stage and be investigated by an investigator appointed from the Office of Complaint Investigation in, Sacramento, California. Formal Investigation is the best way to go.

Fact: Although a complainant has the right to file an EEO complaint formally, EEO instructions and directives and public law encourage resolution of EEO complaints at the lowest level. The vast majority of EEO cases are settled at the lowest level utilizing Alternative Dispute Resolution.

Myth: A complainant cannot file formally after utilizing Mediation and/or another form of Alternative Dispute Resolution to reach a settlement agreement.

Fact: If the complainant believes the Air Force has failed to comply with the terms of an EEO settlement agreement or final decision, the complainant notifies the commander within 30 days of the alleged non-compliance.

The commander then has 30 days to resolve the matter and respond to the complainant. Decisions of the commander can be appealed to the EEOC.

Careful consideration by all parties should be taken when drafting agreements. Negligence in drafting a mutual agreement could result in exclusionary language negating future legal actions for the complainant or management.

Myth: The EEO office is for EEO complaint processing only. It does not approach EEO from a preventive education posture.

Fact: Your base EEO office is staffed with trained professionals who are capable of conducting EEO educational training sessions and briefings on a wide range of EEO topics.

Although I cannot cover all the myths surrounding the EEO Program in this article, I hope the above information helps clarify some important aspects of the EEO program.

Your Guardians of Freedom Spouse Pin



The Air Force Spouse Pin — a blue star cradled in the Air Force symbol — is a contemporary adaptation of a wartime tradition. Beginning with World War I, families hung service flags in their windows to display a blue star for each family member serving in the Armed Forces. Today, the pin is given to the wives and husbands of America's Airmen and civilians in appreciation of th sacrifices they make for their spouse's service.

To learn more about the Spouse Pin program, visit the
Your Guardians of Freedom Web site at
<http://www.yourguardiansoffreedom.com/SpousePinAbout.aspx>

Hospice care provide comfort for terminal patients, families

By Mark Jecker

TriWest Healthcare Alliance

In the last stages of life, care and comfort await patients and their loved ones.

Hospice care fulfills physical, emotional, social and spiritual needs, focuses on maintaining the patient's quality of life during these final stages, and prepares everyone for the dying process, death and the period of bereavement.

Designed to support and comfort individuals of any age who have a potentially terminal condition and a prognosis of six months or less to live, Hospice care is a covered benefit for all TRICARE beneficiaries.

Hospice care effectively manages a patient's symptoms and provides supportive services for patients and their families.

Unrelated conditions or injuries — such as the flu or a broken bone — are covered by the regular TRICARE benefit.

No cost to beneficiary

TRICARE's hospice benefit

covers the full cost of all covered services relating to the terminal illness, except for small cost-share amounts that may be collected by the hospice provider for outpatient drugs and biologicals — medical preparations made from living organisms and their products such as insulin and vaccines — and inpatient respite care.

Electing hospice through TRICARE

A beneficiary diagnosed with a terminal illness, or an individual authorized to make decisions for the patient, may elect to utilize the TRICARE hospice benefit.

"Election" involves signing a statement with the chosen hospice, which is TRICARE- and Medicare-certified and accepts TRICARE, and agreeing to have the hospice provide all care related to the terminal illness.

The patient's regular physician may still supervise his or her care with the assistance of the hospice medical director.

For TriWest beneficiaries, the hospice evaluation does not require authorization. All hospice services, however, do require authorization.

Duration of coverage

Hospice care is provided in three benefit periods: two 90-day periods and a third comprising an unlimited number of 60-day benefit periods.

The TRICARE beneficiary must continue to meet hospice care criteria for all benefit periods.

A TRICARE beneficiary may transfer from one hospice provider to another, one time, during any of the three hospice benefit periods. Such transfers require a signed and dated transfer document.

Revocation

Beneficiaries may revoke the hospice election at any time if, for example, they want to try a new treatment method for the terminal condition.

A signed and dated revoca-



Courtesy of TRICARE

tion is required. They may reelect hospice services as early as the following day.

When the hospice election is formally revoked, the beneficiary may continue using the regular TRICARE program for medical care related to the terminal diagnosis.

For more information, call

1-888-TRIWEST (1-888-874-9378), visit www.tricare.osd.mil or view and download the Hospice Foundation of America's brochure, *Hospice Care & The Military Family — A Guide to the TRICARE Hospice Benefit*, at www.hospicefoundation.org/hfaPublications/brochures/.

Running, from Page 16

current standing was. With a sea of more than 4,000 runners on crowded streets, it was easy to lose track.

With a final time of 3 hours and 21 minutes, Sergeant Elliott ended her 26.2-mile trek and put her ninth marathon under her belt. As she crossed the finish line, she was glad it was over, but another part of her felt like she could just keep going she said.

She didn't have to wait long to find out how she did. A National Guard coordinator came over and told her she was the first all guard female to cross the finish.

She did it, she made the team.

"I was really happy to make the team, and to be the first all guard female to finish, I was shocked," Sergeant Elliott said.

"I wasn't sure how I finished overall until the award ceremony. This was a really competitive event and I was thinking there was no way I placed in the top 10," Sergeant Elliott said. And then during the ceremony, the officials called her name for ninth place overall female. "Everyone

from the Army and the Air Force was cheering me on," she said.

Her success was no surprise to Army Lt. Col. Thomas Burson, 1-135th AB commander.

"Her drive and determination to do a good job sets her apart from others. If she doesn't give you 100 percent, she feels guilty," Colonel Burson said. "She is one of the hardest working Soldiers I have ever been around."

It's only been a little over a month since she made the team, and Sergeant Elliott is still in awestruck.

"Who would have thought I would get paid to run for the guard?" she said. "It seems almost surreal."

With only 16 days until her next marathon, Sergeant Elliott said she looks forward to her first event as an All Guard Running Team member. Unlike her last marathon, she said she has really focused on her training by increasing her mileage and doing some speed work conditioning. She says she is aiming for a 3 hour and 15 minute finish time.

Looking ahead she will also participate in the Air Force

marathon in September.

"I'm hoping to hit the 3 hour mark for the Air Force Marathon," Sergeant Elliott said.

Sergeant Johnson said Sergeant Elliott's success in running and can-do attitude is also part of her life as a Soldier.

"She is enthusiastic about everything she does," he said. He added that she comes to work every day, ready to get the job done. "She is admired by everyone here," Sergeant Johnson said.

With another win and another goal achieved, Sergeant Elliott looks toward the future.

She prefers long distance runs like ultra-marathons and wants to participate in a 100-mile race. Her ultimate goal is to break the 2 hour and 50 minute mark, just to say she could qualify for the Olympic trials.

For now, she will continue to get up at 5:30 a.m. and run every morning, and every night. Whether working on an Apache or running a marathon, she will continue to raise the bar, give her all and strive to be the best.



Photo by Senior Airman Jason Barebo

Hold it right there

Cooper Greensage, 5, son of Tech. Sergeant Kevin Greensage, 509th Services Squadron Mortuary Affairs, plays for the Rattlers against the Raptors. Both teams are part of the Youth Center Tee Ball League. This year only two teams were formed due to low participation. The teams play for fun and to learn the fundamentals of the game.



The 509th Bomb Wing Public Affairs office is looking for a qualified individual to assist in the editing, layout and production of the Whiteman Air Force Base newspaper, the Spirit Times.

Applicants for this part-time job must be quick learners, organized and proficient in the use of Adobe Photoshop, Adobe InDesign and Adobe Illustrator.

Those with any photography and journalism experience are desired.

Applicants can send resumes to spirit.times@whiteman.af.mil

